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# SPOKE

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WEDNESDAY FEBRUARY 3, 2014

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## Kick-starting social change

### Feminist Style products promote consent and equality

BY LARINE WRIGHT

If you don't like something change it — or so they say. For 23-year-old entrepreneur Larine Wright, that motto rules the game plan.

The Waterloo university student is frustrated by the sexual objectification of women and is using her Kickstart campaign to promote social change through consumerism with her clothing line Feminist Style.

Kickstarter is an online platform that provides funding for creative projects without compromising ownership of the product; the artist is trying to raise the money to print the product. These campaigns rely on supporters to pledge money for the product, or to serve upon someone fully achieving their financial goal. Donors are allowed a timeline of one to 60 days to accomplish their goals, but the end result is either nothing. If creators are successful in reaching their pledge goal, the backers receive the product in return.

Wright's campaign, established after she was presented as a Waterloo student, Pink Love Consent campaign, that promoted positive messages of sexual harassment, confidence and strength in young women. In fact, it was created as a

pledge by feminist duo Hannah Brown and Rebecca Malen. Both Waterloo ML students who envision a world where sex is empowering and pleasurable rather than coercive and violent. In order to get their message out, they created FORTY Spentory Rape Culture, a one-stop resource collaboration to open the culture of rape and promote a culture of consent.

The first products included messages such as "No, I'm not," "I love my body," "They were so well-informed on sexual assault during the temporary takeover in 2012 when President Obama and Justice expanded with female enthusiasm and empowerment, that the sexual assault campaign was shut down soon afterwards due to copyright infringement." To the dismay of many Waterloo students appeared to be showing an effective campaign of anti-rape culture.

Wright's campaign, and she reached all of the goals and was rewarded by the donors. The first product, "I always thought if my idea were sustainable they'd start already, the next adding that that is clearly not the case."

"I always love products that were introduced in a recent way — so the products there were had a recent spin on



Photo: Larine Wright

Anya (Larine Wright, founder of Feminist Style, shows off a sample of her product on Jan. 21.

them — and I would always consider how I would do things differently when I saw the Pink Love Consent campaign and it started out.

to be a prank, I thought, that doesn't make sense if there are women of people wanting about, how they'd purchase that product. Then we began

companies adopted the product. That's why we added and add any thing is a sign to tell the rest as the market.

CONTACT: PG. 10

## Parking pass freeze gets warm reception from CSI

BY LARINE WRIGHT

It's the kind of freeze that everyone at Conestoga College students can look forward to. No it isn't a polar vortex. Students don't anticipate they leave the school will be open anyway.

It's a freeze on the rate of a parking pass for the 2014-2015 academic year.

In a conversation with Conestoga Students for President Jason Wright on Jan. 23, Wright learned a meeting that involved had led to an agreement with the college to freeze the cost of the pass for students.

"We're very happy especially since it is for students we had a very good discussion with the college about it and I was really impressed with what they came back with. They'll receive

the whole process they'll look at several options and they want to take into account the students who are only here for eight months." Wright said.

CSI has been advocating for a reduction in the cost of parking passes for the students as well as the freezing of the academic year. It is meeting early in the fall semester and on Oct. 20th position, but the college noted that there was increased cost on their part. Don't require enforcement of parking regulations.

Don't students were parking without paying for the pass and in some cases were given free passes, which meant that students who were paying could sometimes feel a bit. The college stepped up enforcement to make parking without a pass a costly venture.

that on the Jan. 28 meeting the college told students that parking with parking regulations had improved and at the very least, students could expect a freeze on the cost of parking passes for the next academic year.

One of the parties represented by the college is that many are vice-president of the college, Steve Malen.

"Because parking is an area that we don't receive subsidies for it and it has to be fully recovered, that people are not paying for their parking is not having passes in their structure, people is making the people who are paying are paying for it," Malen said.

When asked if students could use a collection of pass a freeze Malen was nervous about saying that the college

budget process would determine if that was possible.

"We're trying that mutually, but you can look at freezing the parking pass rate for students — we'll be looking at the costs. That's why I say it will go through the budget process. Even a freeze could cut a lot of your costs, but possibly we'll be looking at a freeze," Malen said.

Malen added that the budget is normally finalized in May or June, so students can expect a freeze on the pass in the spring.

CSI for their part, has several measures to advocate for other, particularly, measures for the students. One possible option is an eight-month pass instead of the current annual model. Students who purchase the bi-monthly pass could not be allowed to park during the summer and

Wright argues that the college should drop the pass. That's why we don't have a summer semester.

"I'd like to see an eight-month pass. They are open to exploring that option. The large majority of the students are here for eight months. We'll see."

He added that despite the freeze on the pass, he'll be on.

"We are going to continue to work on it, to prove them and see what the status is on this. This is not something that is just going to be done. Just because we get them to freeze doesn't mean we are not going to continue to keep that open dialogue. We want to be actively involved with them, learning the more for the students to make sure that they are heard," Wright said.











PHOTO BY KYLEIGH DENHAM

The waiting staff takes notes as the head chef delivers his orders for serving lunch at the bloom restaurant on Jan. 24

# Iron Chef

## ... the greatest culinary experience in Waterloo Region

### BY KYLEIGH DENHAM

Intensified competing spurred the region's most renowned chef's Cambridge College culinary students teamed up with them and attempted to "buckle" the other teams in the third annual Iron Chef competition.

The event, which was held on Jan. 24 at Burgundy's Marshall Hall, featured teams fighting it out in hopes of winning the roles of celebrity judges.

The competing culinary students did not find out who

they were competing until the day before the competition.

Chief Philippe Berens, co-ordinator of the culinary arts program at Cambridge's Waterloo campus, said the competition allowed the students to experience a real life and sometimes stressful kitchen.

"We have some students come into the competition who have never been in the industry before. Some of them find their future employment and employer based on the experience that happens during Iron

Chef," he said.

In the same manner as the Iron Chef TV show there is one ingredient that must be used by all teams. The not-so-secret ingredient was duck.

"Duck was my suggestion that year because it is an expensive product and most people do not cook it at home. Sometimes it is served at a restaurant, but it is not very popular as I thought it would be an ingredient that brings for everybody. Chef Berens said.

All of the restaurants that competed on Iron Chef

were local businesses and well respected within the culinary community. Some of the restaurants were Black Sheep, New Town, Bonitas del Dorado and Wildcraft. The restaurants' chefs volunteered to compete solely to give "back" to the culinary arts in the region.

All of the proceeds from the event went toward awards and bonuses for culinary arts students.

For full coverage including

who won the competition and the Feb. 10 winners of Spoke and a video at Spoke Online.



Marshall's boss and co-ordinator, Philippe Berens, competed in the third annual Iron Chef competition on Jan. 24. Above, the prize-giving results for the bloom restaurant located at Cambridge College's Waterloo campus.



Justin Lombardi, of the chef, looked forward to gaining experience working with a "celebrity chef." He believed his culinary area is a new market in the competition. Above, he is seen smoking pork belly for Boston.



Conner Morrell of Cambridge was an Iron Chef TV host and did not believe her chef partner needed her to do at the competition. Above, she forms buns for Boston.

# Approaching sexuality in a positive manner

THEMUSEUM'S exhibit starts the conversation - 'it's time for the talk'

## BY DEBORAH MATE

It's time for the talk. With the Museum of Sexuality exhibit having opened on Jan. 29 at The Museum, visitors will be able to learn about sexuality on multiple levels with an important message — positivity.

The exhibit — originally called Ben A. Tallard's *Sexuality* — was developed in 2001 at the Montreal Museum of Contemporary Art. The exhibit has received generally positive feedback from visitors of all ages.

"A common misconception started coming out. While it was developed for those 13 and up, everyone was going to see it," said David Marshall, CEO of The Museum. "What we're all about is going beyond the exhibit and talking to the developer and our advertising as ground on a time for the talk. What we hope is that there will be an open discussion about being respectful."

The exhibit is split up into five "rooms" and it begins with the lack of a better phrase: the legitimacy.

"This begins in a positive, respectful and frank way, and it might help some teachers and parents who might be nervous themselves because the teacher can just let down some Marshall said. This

will be a guided tour — you go on your own."

The My Dream room shows how life and careers that question many late talk, where did I come from? The room is complete with an understanding of the career of conception all the way to the birth of a child.

The second room is filled with life size images of both male and female from infancy to elderly. The room is meant to emphasize the changing body and how everyone has a different body.

"One of the top things about this exhibit is that people feel normal on every step they are at what they feel Marshall said. He added it is designed to help teens understand that sometimes not everything is perfect."

The life is you now room is an introduction with another person on a sexual level. A video shows what happens during a sexual encounter can help people at any age understand there are nothing as well as that of the appendix sex. Talking and love are also some key topics on this room.

Life & Others covers a much more vulgar topic — what, to do in the case of pregnancy or diseases and abortions and also to talk to the importance of this topic is to understand that nothing is the necessary precautions are well

thought. Though, sex can be absolutely healthy for both mind and body, but there can be consequences to getting them.

My Friend of Yours shows visitors to learn a message about what they know and how they feel about the exhibit, as a new part about sexuality in general.

The exhibit is rich with interactive machines — a few of visitors, who with a different question can be presented resulting in a real doctor answering your question. These can be answered in English or French, as the entire exhibit is bilingual.

"If you stick your arm in this hole here it's a sensory thing — I think it's supposed to prove you are a certain feeling and Andre's character a volunteer at The Museum."

The exhibit is full of the features of all types with video audio and sensory materials.

The main message for young and old is that knowledge about sex and sexuality can ensure a safe and fun experience, and that, while everyone has the right to be who they are, they also have the right to speak up. "It's the most under-the-covered topic — it's such a taboo when they — but everyone can relate to me," Marshall said. "But nobody will talk about it."



PHOTO BY DEBORAH MATE

Andre's character is volunteer at The Museum. Visitors have an interactive, sensory can help explain methods of birth control and sexually transmitted infections on Jan. 29.



PHOTO BY DEBORAH MATE

Waterloo residents take to the Waterloo Town Square on Jan. 27 for a New Year's Eve celebration.



Dr. Maffey Maffey opens the door to the Waterloo Town Square.

## Shaking and skating in Uptown Waterloo

### BY DEBORAH MATE

Despite the cold, Waterloo residents pushed their shovels and headed to Waterloo Town Square on Jan. 27 for the Shaking & Skating event. The event, which takes the elements of skating and dancing with a DJ and lucky prizes to get the mood.

Shaking & Skating is a free, family-friendly skating party series that was organized by the City of Waterloo and RBC's Waterloo. This was the fifth year the event was held and last year RBC had several events at the City of Waterloo's rink as well.

RBC is a non-profit group that was founded by Dan Lauderbach, a Waterloo resident. It is comprised of

a few local event organizers in Waterloo. They have also organized events such as the Waterloo Jazz Fest, International Yellow Pages Day in Waterloo and the Waterloo Jazz Festival.

"I want to be a skating party in Waterloo had a blast and thought this could work in Waterloo. I love my community and love to have fun," Lauderbach said about the inspiration behind the event.

The night featured music from the Maffey Maffey Band and Waterloo to accompany the skaters. There were also colorful skating lights and prizes to the party. The first skating tips were given to

those who brought the cold along with hot chocolate to keep the participants warm despite the temperature dropping to -15°C during the event.

"We kids and I try to come skating in Waterloo on Waterloo every week. The music and the skating tips make it more fun than ever," said Dan Lauderbach. "We had a lot of fun skating and the skating tips make it more fun than ever."

Part two of Shaking & Skating will be taking place March 1 at Waterloo Town Square skating rink featuring music from Shaking & Skating and Waterloo. For more information, visit [www.shakingandskating.ca](http://www.shakingandskating.ca).

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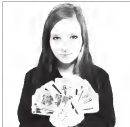


PHOTO BY JEFF AMERSON

Steph Smith, a spoke model, does tarot card readings for her friends, has been around since 19th Century Bazaar and originates it as a part game, working (tarot) similar to the ones played today



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# The Future Foretold

A first-person account of a tarot card reading

### BY STEPH SMITH

Conestoga College students had the opportunity to come to a glimpse into their future on Jan. 22

International clairvoyant, Kristina Hope May gave a super and accurate students slide show individual tarot readings. The time for this unique event grew so word got around that there was a fortune teller on campus. I arrived in noon just as it was starting and already there were about 50 people in line. The time it was my turn to get a reading, I had waited nearly an hour and a half.

Originally said in playing tarot cards in games credit cards were common to those played today used has been around since mid 19th century Europe. The 19th century deck is made up of the major arcana (22 trump cards) and the minor arcana (68 suit cards). From were first at least, but they are mostly used spiritually and for the time telling.

I was amazed as I have a lot of cards and currently do readings for myself or other people, and was even charged to have a reading done by someone else. However, I don't claim to be a clairvoyant, and just do the readings for fun.

Kristina asked me to think of a question that she could answer for me. It could be anything such as future work and money, love, family, friends, relationships and so on.

She told me to think of the question without asking her to keep my answers and tell me the card the tarot cards.

She had asked me if I was going second year of college and if I was my last year. She told I replied that I was. This is not of a general question, so most programs offered at Conestoga College are two years in length. So I was not surprised that she got that right.

"I told from your cards that you're very much you're doing things do you believe it?" This was one to think out.

I wasn't something I didn't already know or think. It was another great question that I would of course answer yes to it was still nice to have my clairvoyance acknowledged.

"I'm hoping that you're doing something really really good that's going to bring you good money."

I smiled a little bit at this remark. Sometimes like most careers today, it is very competitive industry. You have to be good at your craft to make a decent amount of money. It is one of those careers where you can get thrown to the wolves to leave time to there. It's working the hard work. And so far so very promising.

According to a 2008 statement from the Professional Witches Association of Canada, the tarot industry which has historically been low on earnings, has in part a lot of a practitioner as well as a journalist makes a very strong B.C. as businesses as contributors to a publication the average yearly income among the 1000 Canadian witches that PWAC surveyed was just over \$10,000 before tax.

"I was money career, and I am not at management level, working up in the world getting up there in life. I think you're going to do really really well. It's not going to happen a little while obviously it's going to take a few years."

Wow! There's my question. I wanted to know about money and career. How did she know? I figure it was a little chance that she would have something to say about the right way because the way that she gave me a lot of people have on their cards, especially in today's economy. This was as a college with a lot of people graduating more and so pretty much a given.

"I don't know if you're planning any more that standard but I can work as like May or June."

Hopefully this is a good career. I would hope that I can find work this summer as journalists as much as possible in my contract at the time.



May I'm currently employed at rare and soon I'm not a student anymore so that's something to consider. I like the positivity.

She also saw a season on my horizon. But toward the end of summer. I was surprised because my family is planning a vacation for the end of March and somewhere in the summer. However she did cover all her bases by saying it will be either overseas or in a cottage.

"Do you have a little bit of a shadow on it to you?"

I do but I've also been told that I've got the most successful students that I think she was saying on to my classmates.

"This is a good thing, positivity. It gives you determination, that strength and confidence. You must like a really good girl and I would just tell you I've got a little bit of a business problem here so to stop you from."

Kristina then asked me to tell her my question as well as what I'm taking in school. She commented on how money and career were the first things she talked about during my reading.

"Amazing!" She said she saw one of them people on TV that are journalists and love it. I'm sure they're making a lot of money. I am you might say in that direction. Being on TV. You're a very good girl. I think the great and you're going to do very well.

"I was sure to come with such information from a complete stranger that I couldn't but had a little exception. While the rest of the night I felt that everything she said was completely predictable, seeing as the way as a college full of people were so hopeful the money and career. It is also to be assumed that most students would have a summer job or be looking to get one again. My May or June income was then added by the end of April."

Overall the reading was an interesting experience but I don't know if it was worth the long wait. However, I'm glad I didn't have to pay for it.

# Soccer teams exit before semifinals

BY GREG BERNIERI

Despite a lack of players on the women's indoor soccer team at a tournament at Boston City College's indoor soccer field, the team played well, although they were knocked out early.

Both teams were eliminated before the semifinals.

During the women's final game at the day, they played with only one player after having a number of players leave due to commitments at school. Even so, their lineup with just seven players instead of the usual 10. Despite that they played admirably well, ending up as a three-goal win for a place in the semifinals but were eliminated due to losing the highest goal against average after their two games played. Another reason for their loss happened during their final match against Centerville where their main goalkeeper, Christine Boudreau, was injured. She was replaced by defender Amanda Davis.

Twenty-seven coaches, Mike Rappaport said, he hopes to have one or two more players join the women's team to help bolster their roster, saying that was the first time they have been short players and it will likely not be the last for the women's team due to the games being on a weekday. The players have other commitments at school which end up being more of a priority.



A player from Cambridge College is checked from behind during the field during their last game on Jan. 2.

While the women were looking for players, the men certainly were not. Their roster consisted of 15 players through out the tournament, but they were still missing key players. However, despite the team's strong offense, proving their defense was lacking. In both

of their games they held an early lead, most notably they won their final game against Centerville where they finished the first half of the game up 1-0. The second half was well-fought, however their defense couldn't find another striker and the Centerville ending up

losing 3-1. Rappaport said the defense weakness is not what that needs to be worked on, adding although they lost the home game he believes that is a disappointing loss for the players. In addition to the women's team, the Cambridge College

soccer team competed in the tournament and played well, winning in the semifinals where they fought hard and lost for their victory during the game 1-0. Thanks to their strong offense and goaltending, the defense team was able to carry on and win the tournament.

PHOTO BY GREG BERNIERI



PHOTO BY GREG BERNIERI

Cambridge College indoor soccer team is an all-star team with Alexei Datchev, Andrei Atanasov, Tyler Van Allen and Nicole Robinson are joined and ready for the final for the women's team. The game is running on Feb. 12 at the ice center.

## Varsity check-in

Cambridge College's varsity teams were busy preparing and competing in various tournaments in January and this month and for the upcoming.

The weekend of Jan. 17 the indoor soccer team is competing in the Cambridge College's tournament. The women's team made it to the semifinals and the men's team was eliminated during the quarterfinals.

The varsity basketball team is currently preparing for their upcoming regional tournament at Lincoln College on Feb. 7 and 8. Last year they did not play high enough to compete in tournaments because they gave their look to change their Coach Michael. They need to make this season that for now implementing the fundamentals at practice including making developments, which he hopes will result in team members making it to playoffs.

After their return after the holiday break, the men's and women's volleyball teams have been busy playing games. However, only the women's team has had any success. Their return has seen them win a three-game set streak. The men's team lost 0-3 (both teams were 0-1) and to Windsor on Jan. 25. Due to poor weather conditions the games were postponed. The upcoming schedule for both teams can be found at [www.ccc.edu](http://www.ccc.edu).

The men's and women's indoor soccer team will be competing at George Brown College's tournament, this Friday. Additionally, only two teams were expected to play the games that will play three regional tournaments which will take place between March 2 and 22.

## Sign-ups for charity dodgeball end today

BY ANDY STAMPER

On Feb. 12, the students of the indoor soccer team are going to be taking the indoor soccer charity event in memory of David Haines, one of the school's founders, to raise money for the charity.

The game is a charity called Dodgeball for David. They will play the indoor soccer game up to a dodgeball tournament, as well as a basketball game happening between 1 and 4 p.m. The game, event is open to anyone with a team.

Something of 10-15 players at \$20 per person.

Prizes will be handed out to the team with the best uniforms, the most money raised, as well as the best team in the tournament, which will also receive a trophy.

All proceeds will go to the Bursar's Fund, which is a fund for the school, to create the "Dodgeball Prize." Each year the charity and its supporters attempt to raise enough money to send a group of children and their family members to Dodgeball World. The tournament is designed to allow the

team and group of children who are physically ill, as well as their families. They also hope to raise money for 10 children who are unable to leave hospital.

A total of approximately \$100,000 is needed to make this possible.

The dodgeball game is a hope for a total of 10-15 players, with the Quincy Police Service already a part of it as part of the team.

Today is the last day for entry into the tournament. They up there can be picked up from Haines on the 10th or 11th by sending a letter to [dodgeball@cambridgecollege.edu](mailto:dodgeball@cambridgecollege.edu).

# Generous donors here to help

## Students can get financial assistance from the community

### ON CAMPUS

Genesee College offers a wide variety of scholarships and bursaries but did you know that there are opportunities that don't have financial requirements?

Genesee is fortunate to have many generous donors who contribute financially to students in certain programs as well as for enrichment in sports and academics and for students who have financial need or who go above and beyond in the community.

"We have a variety of donors who range from individuals in the community as well as corporations and foundations and financial and endowments and major Patrick Bennett

Students can apply for all the awards with a new application submitted then comes for me the student packet."

"Students can access the single application by logging on the student portal clicking on the financial tab and filling out a profile which highlights what these scholarships are and their financial position. Then we use that information to see what financial awards and scholarships would be a good fit for them."

Students better get the jump on filling out the application as the deadline is Feb. 7. Students can also make changes if their financial situation changes or add any external scholarship awards to the deadline.



Financial aid and awards manager Patrick Bennett urges students to apply for financial awards.



It's not our bodies  
that need changing.  
It's our attitudes.

## Eating Disorder Awareness Week

February 2 – 8, 2014

For more information and help, please contact  
Counseling Services, 1A101

## Keep your furry friends warm and happy

### BY KATHRYN LARNEY

Just because they have a tail in for me doesn't mean that all animals are equipped to deal with the icy temperatures plaguing Genesee this winter.

With weather dipping in and out of negative double digits, Genesee are questioning whether they should be taking their pets outside. According to Tracy Larney, an owner in the Genesee City and District Humane Society (GCHDS) when dogs are taken outside for walks it is important that their paws are given proper protection and care.

One option she suggests is getting a pair of socks and tie the dog boots for your pet even though the socks will melt dogs are not able of the sensation caused by having their paws covered.

"If your dog will not wear boots – then the best fix is to coat their paws in petroleum jelly before heading out, note the oil," Larney said. "It helps to keep the salt and ice off their feet and all you have to do is wipe it off with a warm damp cloth when you return indoors."

However, not all dogs like being outdoors and some can even find it painful outside. A letter received by the Genesee Operator from Jennifer Conrad-Hallgren, Pomeranian pointed out that some animals are bred to be outside such as her family's

### Great Pyrenees

In the letter, Payne said her dog refuses to come inside due to the fact that it has been bred to remain outdoors to protect the livestock such as her family sheep.

"She has a good with dry stone out of the wind of she chooses to sleep there normally she does not," said Payne as the letter. "She can be found outside alone in a pile of hay. I should also mention that she will not come into the house by her choice because it is too hot for her."

Larney said, "The best insulation for a doghouse is straw – and lots of it, a dense covering, the dog can stuff it up and burrow in it. Blankets on the other hand – if the dog gets wet their paws and feet down on the blanket – it just transfers the wet to the blanket."

The doghouse should also be on the outside not to help maintain warmth. "If the doghouse is too big there is a lot of air flow that can get around it making it very hard to keep warm," Larney said.

Of course, it is hard to keep your pet indoors all the time so when they do have to go outside for 10 minutes then up with a towel or blanket after bringing them back indoors. Not only will it help them, take the chill off but it is also a good time to get a few good treats outside in as well.

# Small store, big personality

BY GAILLE WINGGIEWORTH

If there is one word to describe Oliver House Gifts it would be "different." The quaint philatelic shop/giftware store, located on the down town Delta side of Cambridge, carries a wide variety of gifts and souvenirs. Items range from jewelry and scarves to clocks and toys.

"I like different things and Ann Deborah, owner of Oliver House Gifts 'You know you are trying to buy the most different, personalized and unique so you have to have a sense of whimsy in your store. I try to put some Canadian products and some souvenirs. I tend to carry garden items and I have always done a lot at Christmas."

Deborah ran her gift shop on Blair for 10 years and the building she was renting was sold.

"I took some months off to look around," Deborah said. "I was looking for sort of that perfect spot, and I saw several different locations but I wanted one that was close to the bank. I like the response. I like that the road is busy and we have a big parking lot behind the building here so there is enough parking for customers."

Deborah chose this location. She ran a store in Toronto for years before opening up her shop on Blair. said



Oliver House Gifts is located on Grand Avenue South in Cambridge. The shop sells toys, jewelry, clothes and many unique items.

now is happy to be back.

"It has been good. The next thing about being here as opposed to Blair is there are others like the library, the shoe store and people walking by," Deborah said. "A lot of my good customers who have been dealing with me for years are coming on here a lot more than they used to go to Blair. I think in the long run it is going to be a really good move."

The new store has a lot of character with hardwood flooring and a stone wall which seems to fit perfectly with the furnishings and products.

"I love it. It's smaller than the other location but I love the high ceilings and the stone wall. It is just what I needed right now," Deborah said.

Deborah deals with over 100

suppliers in Canada and other countries around the world and often goes to gift shows to find that special something to add to her collection of items.

"I am always looking for those different items that most people might not necessarily notice," I tend to go in every month on the gift show. you might just find that one treasure that only a month having in your store."

she said.

The company the prices of items at the gift shows are often to get an idea of what other people are selling the products for.

"I like to try to have the best prices I can. you will see sometimes the same product with different suppliers for quite a difference in price."

Deborah said it is hard to say which is her most popular item, but her say candles seem to be a favorite purchase. The all natural candles are made in Canada and burn for 100 hours. They come in 15 dollar and 25 dollar and cost \$11.

Located in the back corner of the store are some popular choices of old wood up toys.

"I have a lot of customers who collect them. There is a man and he is almost 60. He comes in every year and buys one for his son. They are fun and just different. People don't see toys like that much," Deborah said.

If customers are looking for a specific item, they can come into the shop and see Deborah and she can sometimes get what they are looking for.

"I feel like I am part gift shop," said Deborah. "I make sure people are always shopping," Deborah said.

For more information about Oliver House Gifts visit their Facebook page at: facebook.com/OliverHouseGifts

## Coffee is the new 'memory tonic'

BY HELEN HENDERSON

Students pick up that old mug of joe. If you don't drink a morning cup of joe, you might want to reconsider. New research shows that it might have a surprising perk that would be especially helpful for students.

Research conducted by psychology and neuroscience at the Ohio State University shows that coffee helps boost the brain's pattern separation ability. Pattern separation is the ability to tell the difference between two objects or events that are similar but not identical.

To take an average of two small cups of coffee or one strong cup to boost the brain's pattern separation ability. The chemical will strengthen the memory for up to 24 hours after the coffee has been consumed.

For the research, students are studied over 150 people who were not regular coffee users. Before the researchers gave the participants a dose of coffee, the participants were shown a picture of everyday objects. They were then divided into two separate groups: five minutes later, when one group was given a placebo and the second group was given a 200 milligram caffeine tablet. Each participant then left and returned 24 hours later. They were asked to recognize images that they had seen 24 hours previously that were either the same picture as they saw before, new images or similar images that had been slightly altered.

In an article on CBC.com, Michael Tones is a professor at the research paper and an assistant professor of psychol-

ogy and brain sciences.

"We found that those who were administered caffeine actually had better retention of the information we taught them the day before. This coffee enhanced their ability to say, 'This object was novel or had not been in the one I'd seen before.'"

Pattern separation is our brain's ability to stay sharp and keep from getting just kind of foggy. It can also be a useful tool in learning because it helps us recognize whether a piece of information is new or if it should be ignored. A new morning or one brain's memory banks.

Based on this research, students will most likely benefit from a cup of "memory tonic" as well help with that lecture or that essay. Just don't drink too much of it otherwise you might experience symptoms such as jitteriness or heart palpitations.



PHOTO BY HELEN HENDERSON

Lucy Henderson is a first-year office administration student at Cambridge College. She is a cup of coffee and tea, and is a member of the Phi Kappa Phi Honor Society.



# HOROSCOPE

Week of February 2, 2004



**Aries**  
March 11 -  
April 19

Focus on a well-earned (but don't let it get to your head) reward a moment of clarity instead this weekend. **Keyline**



**Libra**  
September 17 -  
October 15

Something going on around you could turn a touch of your class. Don't try to be public where offering your selfless attention this weekend. **Keyline**



**Taurus**  
April 20 -  
May 19

Taurus likes to help some one, but it's something they need to work through on their own. Let them know you're there if they need you this weekend. **Keyline**



**Scorpio**  
October 23 -  
November 19

Back away from the drama and do your own thing. Put the outside on and go on a journey of this year thing this weekend. **Keyline**



**Gemini**  
May 21 -  
June 19

You look good and you feel good. It's time to enjoy the good and let the time this weekend. **Keyline**



**Sagittarius**  
November 21 -  
December 19

You're in a situation right now that's not working. Get out of it. You'll be a lot happier. Focus on the good this weekend. **Keyline**



**Cancer**  
June 21 -  
July 19

You're terrible and you make people around you happy. So get out there and spend time with people. This weekend. **Keyline**



**Capricorn**  
December 21 -  
January 19

Capricorn: Instead of not passing yourself to everyone else, why not take a look at the huge stage game taken recently? You're on the run this weekend. **Keyline**



**Leo**  
July 21 -  
August 19

Something is bothering you and if you don't work through it, you'll find this is a distraction where you're not uncomfortable. Focus this weekend. **Keyline**



**Aquarius**  
January 20 -  
February 19

It's one of those situations where if you don't do it, no one will. You're under pressure. Look at this weekend. **Keyline**



**Virgo**  
August 21 -  
September 19

You're on a break. Instead of being honest, arrange the same time to take a break off this weekend. **Keyline**



**Pisces**  
February 20 -  
March 19

You've got a big opportunity to come up, and you need to keep someone around about it. Despite recent events this weekend. **Keyline**



What of everything you know was a lie?

Ephraim Strong's tarot is the best person to ask.



Gift Gender from the world of Genes the Librarian

## Useless Facts

It's illegal to throw a coin in Rushmore, Wash.

There were 350 pedestrians fatalities on New York City in 1994.

In Japan, watermelons are squared. It's easier to stack them that way.

Bird droppings are the chief export of Russia, an island nation in the Western Pacific.

## Sudoku Puzzle

	8			2		5	6	
1				4				
	9			7		3		
	7	8						
			8			3		9
	5	3		6	1	2		
		5			9		8	7
	6			3		2		
8			1					

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

## Word Search Board Games

Y	B	T	A	C	H	E	C	E	R	S	A	N	K	R	S	O	R	A	B	L
Y	C	T	I	U	S	R	U	P	L	A	I	V	I	R	T					
S	A	O	H	R	M	K	P	F	P	Q	E	R	K	Z	Q					
G	T	P	S	T	E	E	I	L	J	N	C	A	S	R	T					
R	T	E	U	W	U	C	E	P	O	L	I	J	A							
A	R	E	F	L	I	T	S	C	N	S	O	R	H							
B	R	A	A	I	C	E	I	A	Y	A	C	E	Z	I	O					
B	G	T	L	H	F	U	O	R	A	L	M	R	P	C	G					
L	O	I	A	S	S	Q	N	H	H	Y	E	O	B	B	B					
E	R	O	C	E	F	E	A	P	T	B	S	A	C	L	B					
Y	I	N	M	L	E	S	R	H	Z	N	S	S	R	O	Y					
X	E	Q	A	T	F	N	Y	C	E	A	S	H	A	C	Z					
B	S	T	M	T	I	G	R	T	E	C	N	Y	N	K	K					
M	S	X	G	A	L	U	G	A	Y	O	N	U	I	U	P					
A	P	Q	C	B	T	C	D	C	F	P	N	G	U	S	Y					
Y	U	B	A	C	E	S	A	M	N	O	N	U	M	N	L					

SORABLE  
RISE  
UNO  
CLUE  
VAHTSE  
DICTIONARY  
BACRAMON  
LOVE  
CRANUM  
SCATTERORIES  
TABOO  
OPERATION  
SEQUENCE  
CANDYLAND  
BATTLESHIP  
SLOXUS  
COTOPHASE  
TRIVIA PURSUIT  
CHECKERS  
CHESS  
BALDRICASH  
MANICIA



# Top 2 Life Tuesday

in the Sanctuary

brought  
to you by



Supporting Students' Success



CONESTOGA  
Connected. Life and Learning

## COMING SOON

**2014 KPI Student Satisfaction Survey**

February 3th to 7th 2014

**Your student experience is important to us!**

**Help Conestoga identify our strengths and where we can improve.**

This survey is mandated by the Ontario Ministry of Training, Colleges and Universities and is part of Conestoga's accountability to the government. All students who have completed at least one semester at Conestoga will be asked to complete the survey in-class during the survey week. Every student at every college in Ontario will also be participating in this survey. Thank you for representing Conestoga!

Survey and graphics supported by CSI

